

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Cucumbers

Cucumbers are good for you because: they have are a great source of Vitamins A, K, C and potassium. All of those vitamins makes sure your skin stays healthy.

Farm to School ~

There are multiple varieties of cucumbers like English, Persian and Pickling cucumbers. The Persian Cucumber is the one we typically slice and eat on salads and has soft, edible seeds. English cucumbers are longer, thinner and seedless. Pickling cucumbers are usually shorter and thicker, to make sure they fit into pickling jars.

Selection and Storage ~

Choose cucumbers that are heavy for their size and bright green. European cucumbers are typically wrapped in plastic to keep their freshness and water content. Store cucumbers in the fridge for up to one week.

Origin ~ Where did it come from?

The original cucumber was harvested in ancient India over 4000 years ago. Since then countries around the world have embraced them and began developing their own varieties from selective breeding.

Fun Facts



A 1/2 cup of cucumbers only contains 8 calories, this is because cucumbers are 96% water!

Cucumbers are actually really great for your skin. Rubbing a sliced cucumber on a rash or scrape can help soothe it.



Word Search

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| N | C | S | H | M | S | Y | B | E | W |
| I | U | E | V | S | V | A | L | Q | V |
| M | C | E | I | W | I | K | L | E | Q |
| A | U | D | Q | O | C | L | G | A | Z |
| T | M | S | H | I | U | E | G | Q | D |
| I | B | B | P | G | T | U | I | N | J |
| V | E | Q | W | A | T | E | R | C | E |
| R | R | V | B | U | G | P | H | H | M |
| Y | S | L | N | A | I | S | R | E | P |
| D | E | W | J | Q | J | U | Y | D | N |

| | | |
|-----------|---------|---------|
| CUCUMBERS | ENGLISH | PERSIAN |
| PICKLE | SALAD | SEEDS |
| VEGETABLE | VITAMIN | WATER |



Fresh Fruit and Vegetable Program

CUCUMBER COLORING



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

